



Proposed School Start Time Change



1. What are Circadian Rhythms?

What are Circadian Rhythms?

- ◎ A 'biological clock'
- ◎ Controlled by the hypothalamus
- ◎ Responds primarily to light and darkness
- ◎ Examples:
 - Sleep-wake cycle
 - Melatonin production
 - Growth hormone production

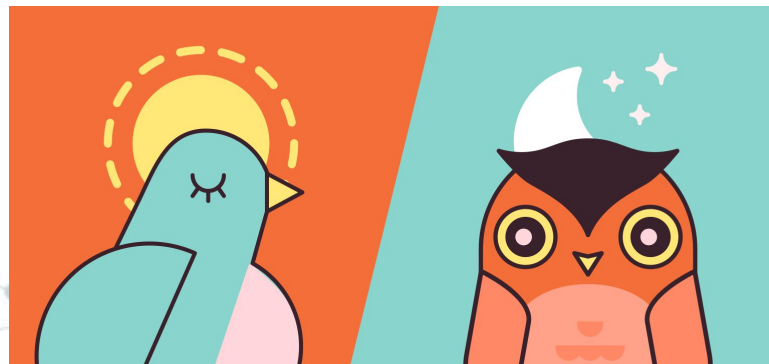




2. What Happens to Circadian Rhythms With Teenagers?

What Happens to Circadian Rhythms with Teenagers?

- ◎ Sleep phase shift
- ◎ Early bird → night owl
- ◎ When children “become adolescents and teenagers, they become vulnerable to what we call sleep phase shift – their body clocks tell them to go to bed late and wake up late.” -Dr. McNally, UConn Health



An abstract network diagram with nodes and lines, appearing as a background element. The nodes are represented by small circles, some of which are double-lined, and they are connected by thin lines. The diagram is located in the top-left and bottom-right corners of the slide.

3. Effects of Sleep Deprivation

Effects of Sleep Deprivation

- Changes in mood
- Decrease in mental ability
 - Issues focusing
 - Difficulty with memory
- Slower reaction time
- Decreased motor skills
- Teenagers need 9-10 hours of sleep*



A decorative background featuring a network diagram with nodes and connecting lines, primarily located in the top-left and bottom-right corners. The nodes are represented by circles of varying sizes, some with concentric rings, and the lines are thin and grey.

4. Possible Benefits to a Delayed Schedule

Possible Benefits to a Delayed Schedule

- “Inadequate sleep can lead to academic difficulties, social difficulties, and family difficulties. Those who get enough sleep will do better in school, better in sports, and better in their relationships.” Dr. Kanaan, UConn Health
- Greater academic achievement, improved lifetime earning potential - Brookings Institute



“Teachers recognized a change in student behavior: they were more awake, had better attitudes and were overall more pleasant. Parents also reported changes in their kids’ attitudes, and became increasingly supportive as they adjusted to the new routines” - National Sleep Foundation



- **Wilton HS 8:15 am - 2:50 pm (Fall 2003)**
- **Newtown HS 8:00 am - 2:32 pm (Fall 2017)**
- **New Fairfield?**



Group Discussions



Discussion Questions

1. What is your reaction to this research? How does it relate to you?
2. What are potential benefits of the start time change that appeal to you?
3. What concerns do you have for the start time change?





Groups

Group 1	Group 2	Group 3	Group 4
Jayden R. Emily Q. Cora R. Danny D.	Molly H. Ryan T. Brandon P. Allie B. Sara A.	Bobby W. Lili A. Matt T. Justin A.	Patrick G. Erin S. Spencer C. Jess P. Ella L.